

ABSTRACT

The present invention provides an equol-producing lactic acid bacteria-containing composition comprising, as an essential
5 component thereof, a lactic acid bacterial strain belonging to the genus *Lactococcus* having an ability to utilize at least one daidzein compound selected from the group consisting of daidzein glycosides, daidzein, and dihydrodaidzein to produce equol.

Such a composition is effective for the prevention and
10 alleviation of malaise inclusive of climacteric disturbance in middle-aged and elderly women for which no effective prophylactic method or alleviating means has heretofore been available.